

# Emergency Phone Numbers

**\*\*Dial 911 from any University phone or 911 from cell phone**

*For on campus dial 5+extension*

## General

Central EMS Dispatch	479-521-5800
Campus Switchboard	479-575-2000
Campus Police	479-575-2222
Student Health	479-575-5289

## Athletic Training Staff

	Title	Cell
Tricia Matysak	Dir. of Sports Med	479-236-4033
Dave Polanski	Assoc. Director	479-409-0708
Simone Rush	Head Athletic Trainer	479-966-7109
Matt Townsend	Head Athletic Trainer	479-200-3432
Anthony Alaniz	Assoc. Athletic Trainer	479-396-9985
Dawn Didier	Assoc. Athletic Trainer	479-530-7111
Tamaria Hibbler	Assoc. Athletic Trainer	479-445-4439
Kaitlyn Hocutt	Assoc. Athletic Trainer	614-736-1312
Andrew Kreis	Assoc. Athletic Trainer	479-200-4271
Nicole Tira	Assoc. Athletic Trainer	479-249-7823
Kyle Winiger	Assoc. Athletic Trainer	479-530-7263
Katelin Wollner	Assoc. Athletic Trainer	479-236-8364
Corey Wood	Assoc. Athletic Trainer	479-935-7245
Joey Carroll	Asst. Athletic Trainer	727-667-3996
Destinee Cole	Asst. Athletic Trainer	479-502-2841
Chris Coover	Asst. Athletic Trainer	479-295-8458
Laura Lynn	Asst. Athletic Trainer	870-476-6776
Morgan Pook	Asst. Athletic Trainer	208-890-3943
Jessica Price	Asst. Athletic Trainer	479-236-6635
Juliet Tunberg	Asst. Athletic Trainer	479-422-5716

## Hospitals

Arkansas Children's Northwest	479-279-2059
Northwest Physician's Specialty Hospital*	479-713-1000
Northwest Medical Center- Springdale	479-751-5711
Washington Regional Medical Center**	479-571-7070

## Athletic Training Rooms

<b>Basketball Performance Center</b>	<b>479-575-4018</b>
	479-575-2960
<b>Fred W. Smith Football Facility</b>	<b>479-575-3012</b>
	479-575-2586
	479-575-7507
<b>Barnhill Arena</b>	<b>479-575-5150</b>
	479-575-2808
	479-575-7518
	479-575-7519
	479-575-4018
<b>Bud Walton</b>	<b>479-575-5365</b>
<b>Bev Lewis Center</b>	<b>479-575-2866</b>
<b>Walker Pavilion</b>	<b>479-575-3012</b>
<b>Baum Stadium</b>	<b>479-575-2180</b>
<b>Soccer</b>	<b>479-575-4318</b>

## Pharmacies

Walmart on Campus (M-F 9a-7p, Sat 10a-3p)	479-443-1658
Walmart 24-Hr (4208 Pleasant Crossing Blvd)	479-587-1853

## Physicians

	Office	Cell	Specialty
Dr. Larry Balle	479-966-4491	Per ATC	Primary Care- Sports Medicine
Dr. Ramon Ylanan	479-966-4491	Per ATC	Primary Care- Sports Medicine
Dr. Lauren Poindexter	479-966-4491	Per ATC	Primary Care- Sports Medicine
Dr. Erika Jasso	479-966-4491	Per ATC	Sports Medicine Fellow
Dr. Grant Ralston	479-966-4491	Per ATC	Sports Medicine Fellow
Dr. Shea Brannan	479-966-4491	Per ATC	Hand Surgeon
Dr. Tyler CarlLee	479-966-4491	Per ATC	Sports Surgeon
Dr. Wes Cox	479-966-4491	Per ATC	Shoulder/Elbow Surgeon
Dr. Navin Kilambi	479-966-4491	Per ATC	Sports Surgeon
Dr. Brad Reeves	479-966-4491	Per ATC	Sports Surgeon
Dr. Chad Songy	479-966-4491	Per ATC	Shoulder/Elbow Surgeon
Dr. Al Gordon	479-443-3536	Per ATC	Family Medicine
Dr. Wade Kifer	479-521-2002	Per ATC	Dentist
Dr. Cliff Hughes	479-521-6460	Per ATC	Optometrist

**\*\*Major Trauma (Head, Neck, Spine, Cardiac) - Washington Regional (Level 2 Trauma)**

**\*Other emergencies: Arkansas Children NW or Northwest Physician's Specialty Hospital**

**Arkansas Children's NW Hospital**  
2601 Gene George Blvd  
Springdale, AR 72762

**Washington Regional Hospital**  
3215 N Northhills Blvd.  
Fayetteville, AR 72703

**Physician's Specialty Hospital**  
3873 Parkview Dr.  
Fayetteville, AR 72703



# University of Arkansas Sports Medicine Department

## Emergency Action Plan

### Introduction

Emergency situations may arise at any time during athletic events. Quick, appropriate action must be taken in order to provide the best possible care to the injured athlete(s). The development and implementation of an emergency action plan (EAP) will help to ensure that the best care will be provided.

As athletic injuries may occur at any time and during any activity, the emergency team must be prepared. This preparation involves formulation of an EAP, proper coverage of events, maintenance of proper medical equipment, utilization of appropriate medical personnel, and continuing education in the area of emergency medicine. However, accidents and injuries are inherent with athletic participation and proper preparation on the part of the emergency team will enable each emergency situation to be managed appropriately.

### Components of the Emergency Action Plan

1. Emergency Personnel
2. Emergency Equipment
3. Emergency Communication

### Emergency Action Plan Personnel

The type and degree of emergency coverage for an athletic event is based on such factors as the sport, setting, and type of training or competition. The University of Arkansas Athletics Department requires certification in cardiopulmonary resuscitation (CPR) for all personnel associated with practice, competition, skill instruction, strength training, and conditioning.

Furthermore, the Athletic Training Department annually reviews appropriate medical coverage and updates the list of members that are part of the emergency team. There are four basic roles within the emergency team (see table below)

#### Roles within the Emergency Team

- 1. Immediate Care of the Athlete**
  - Provided by the most qualified individual on the scene.
- 2. Emergency Equipment Retrieval**
  - Anyone on the emergency team who is familiar with the type and location of the specific equipment needed.
- 3. Activation of the Emergency Medical System (EMS)**
  - Anyone on the team who is calm under pressure and communicates well.
- 4. Direction of EMS to the scene**
  - Provided by someone with access to keys in order to unlock any gates or doors necessary for the arrival of medical personnel.

## **Emergency Equipment**

All necessary emergency equipment at the site is quickly accessible. The location of the equipment shall be noted on the EAP. Personnel will familiarize themselves with the function and operation of each piece of equipment. Equipment will be in good operating condition and annually checked.

## **Emergency Communication**

Athletic Trainers and Emergency Personnel must work together to provide the best possible care to injured athletes. Emergency Action Plans will be supplied to local EMS as well as campus police. If emergency transportation is not available on-site during a particular event, the direct communication with EMS at the time of injury/illness is necessary.

Access to a working telephone, mobile or fixed, will be assured. Communications systems will be checked prior to each practice or competition to ensure proper working order and pre-arranged access to the phone will be established if it is not easily accessible.

## **Conclusion**

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the training and preparedness of the athletic health care providers. It is prudent to invest departmental "ownership" in the EAP by involving the athletic administration, coaches, and athletic training personnel. The EAP should be reviewed on an annual basis with all athletic personnel and emergency medical personnel along with a refresher course in CPR certification. Through the development, implementation, and review of the EAP, the University of Arkansas Athletic Department ensures that each athlete will have the best care provided when an emergency situation does arise.